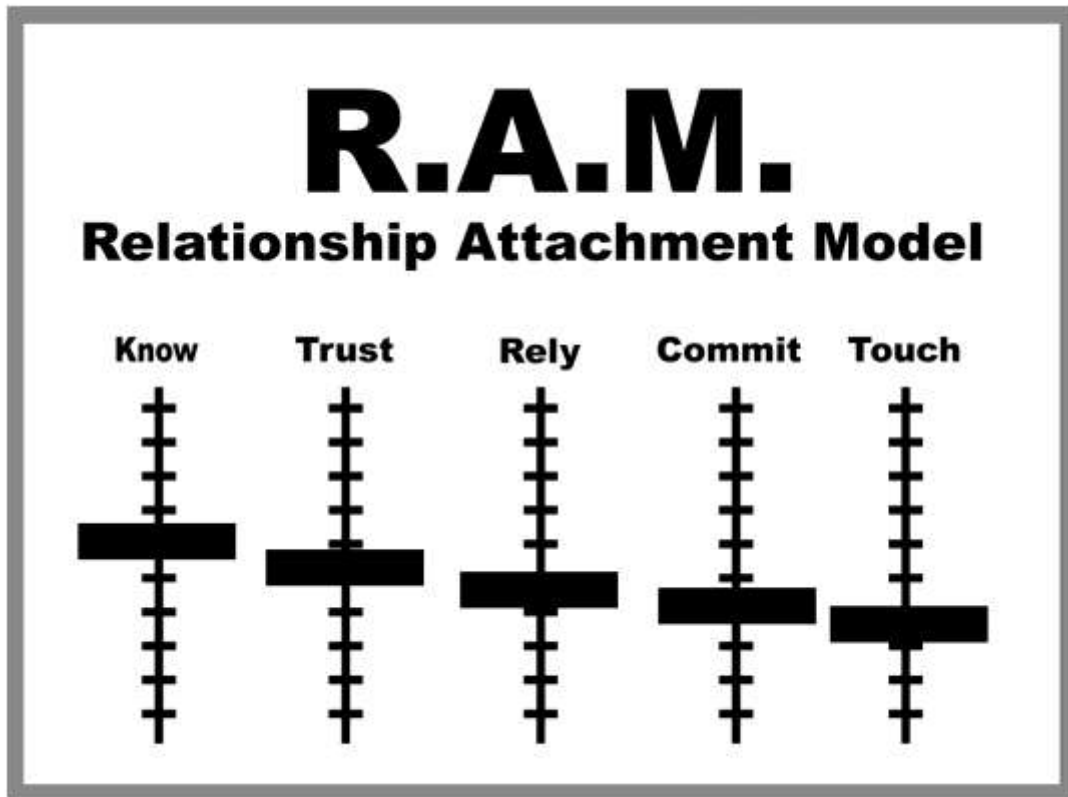


How to Avoid Falling for a Jerk (or Jerk-ette)

Curriculum by Dr. John Van Epp, www.nojerks.com

Presented by Naomi Brower, CFLE



The “SAFE ZONE” for RELATIONSHIPS
Never Allow One Level To Exceed The Previous

KNOW: _____

TRUST: _____

RELY: _____

COMMIT: _____

TOUCH: _____

How does the RAM apply to you? If you are presently in a romantic relationship, write about this relationship. If not, then write about either a previous relationship or a friendship. Pay attention to the way that you paced the relationship, and if any of the five bonding links become imbalanced as it developed. Is there anything that you would have done (or would do now) differently to improve this relationship?

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There are five areas to get to know in a developing relationship. We refer to what to get to know by using the acronym FACES. So, in a new relationship you are getting to know the different faces of your partner.

Five Areas to Get to Get to Know

Family background

Attitudes & actions of conscience

Compatibility areas

Examples of other relationships

Skills of communication

How much time does it take to get to know someone well enough to marry them (remember: people who marry after dating less than two years have close to twice the divorce rate than those who date for two or more years)? Why does it take so long to get to know someone?

What are some questions that you could ask to get to know someone in each area of the acronym of FACES? Besides asking questions, what are some other ways that you could get to know someone in each of these areas? Write your ideas below for each of the areas of FACES.

Family Background:

Attitudes & Actions of the Conscience:

Compatibility Areas:

Examples of Other Relationships:

Skills of Communication: